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# Healthy Columbus

[Employee Wellness Program Newsletter](#)



## Easy & Healthy Fruit Dessert Pizza

Who doesn't love a good dessert pizza? Easy to throw together and always a crowd pleaser, you can't really go wrong. This one comes with a twist!

Instead of a cookie crust, this is made with a coconut chocolate crust with almonds and dates. Full of nutrients, we love it even more than the traditional sugar cookie pizza crust you usually see with these desserts!

[Click the image on the left and check out the incredibly simple recipe!](#)

Make today

amazing.



*Click the image above to register!*

## New Team Challenge!

# Registration is now open!

Suggested playlists are your soundtrack as you track and increase your daily step count, but you and your team should get in on the fun, share your favorite songs and create your own playlists as well!

## WHAT IS YOUR GOAL AND WHY?

Need to get in the right headspace to accomplish your goals? Find the right music. Studies show that for many people, listening to music can delay fatigue (or lessen your perception of it), increase physical capacity and improve your mood.

But motivation is only half the battle. Once you've found it, channel it into something productive with S.M.A.R.T. goals. S.M.A.R.T. goals are Specific, Measurable, Attainable, Relevant and Time-based. Decide when you want to achieve your goal and measure your progress along the way!

# Our 2018 Heart Walk shirt has been designed and is ready for order!

Our shirts can be ordered with a donation of \$15 to our Heart Walk Team!

**Shirt Details:** This Bella + Canvas Triblend t-shirt is Unisex. It can be ordered in Small - 4XL sizes and in youth sizes by request.

**How to get a shirt:** There are a few ways to order a shirt.

1 - Order online at the AHA website.

<http://www2.heart.org/goto/HealthyColumbus>

*\*Note - the AHA website has a \$25 donation minimum that cannot be changed. However, a \$30 donation online will allow Healthy Columbus to order you two shirts.*

2 - Pay by cash or check. You can give cash or check to your department team captain or to Healthy Columbus via interoffice mail.

**Online Order Link: (Click the shirt for the order form)**

<https://www.surveymonkey.com/r/2018HW-Order>

Checks can be made out to *The American Heart Association*.

Brandon Kimbro - Human Resources Department (Interoffice information)



**Bella Canvas Triblend:  
Deep Heather**





# 3RD QTR

## Group Fitness Classes

# Q3 Registration!

**24 on-site group fitness classes are offered each week to employees at no cost!**

Longtime Healthy Columbus Yoga instructor Lori Fannin is coming back to the 77 N. Front St. Building in Q3. Yoga for Flexibility is returning on Monday's at 11:30 am in the C Stat room.

Another new addition to the schedule is a Tuesday, 4:30 pm higher intensity class called Adult Recess!! It will be offered in the lower atrium of 77 N. Front Street.

*Classes begin the week of July 2nd!*

Check it out and let us know what you think!

**Real Appeal®** is a digital weight loss program customized to what works for you with up to a year of support.

ALL THIS!  
At no cost  
to you!\*

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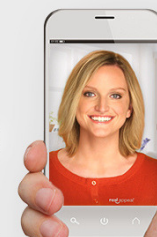
Lasting weight loss  
with all the tools  
you need to succeed

Enroll using a smartphone, tablet or  
personal computer at

**cityofcolumbus.realappeal.com**

\*Real Appeal is available at no cost to eligible employees on our UnitedHealthcare plan with a BMI of 23 or higher.

Plus, your  
very own  
transformation  
coach!





## **Swerve Hip Hop Fitness - Alisha Allicock**

Come and enjoy working out in a non-judgmental environment where everyone belongs and is a part of our fitness family. We provide a culture of accountability, comradery, and inclusivity. Everyone is welcome in the class regardless of fitness levels or dance skills. The class is open to beginners as well as advanced level individuals. The choreography provides a level of challenge that beginners are able to build upon and more advanced individuals are able to enjoy as well. Each class is power-packed, calorie-burning and results-oriented while providing an element of fun!

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**Swerve**  
HIP HOP FITNESS

We stand for a non-judgmental environment where people of all fitness levels can obtain an effective, enjoyable work out, and level of entertainment through events and special classes.

**INCLUSIVITY**  
**ACCOUNTABILITY**  
**HEALTHY LIFESTYLE**

## New Gym Membership Discount

GO: Fitness is for beginners and fitness enthusiasts, with an emphasis on introducing new and innovative exercises and systems that work for *real people*.

When you ask why GO: Fitness, we believe there is more to health and fitness than enduring countless hours on a treadmill, calorie restricted diets, the same old-style non-relevant equipment. To us fitness is about being up on your feet, moving in multiple directions, getting stronger in your core, so you can enjoy the activities you do outside of the gym, in your real life.

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Special Offer to City Of Columbus Employees:

# No Set Up Fee!

**Up to a \$99 Value**

For the first 50 people at each location.  
After those 50, then 1/2 off Set-Up fee applies.

### What Comes With Your Membership?

- 1x a month, 1-on-1, Member-on-Point 30 minute Personal Training session
- Open 7 days a week
- NO waiting in line for equipment
- Lockers with showers
- Friendly, customer service oriented staff
- 3 Smart Start Sessions to get you familiar with the gym and equipment
- Nutrition meal planning software at no extra cost
- Fitness on Demand Virtual Classes (Take a FREE class even during off-peak times!)



1459 King Ave. Columbus, OH 43212

**614-481-8080**

[www.GoFitnessCenter.com](http://www.GoFitnessCenter.com)

[Info@GoFitnessCenter.com](mailto:Info@GoFitnessCenter.com)



842 N. 4th St. Columbus, OH 43215

**614-347-3012**

[www.GoFitnessIV.com](http://www.GoFitnessIV.com)

[Info@GoFitnessIV.com](mailto:Info@GoFitnessIV.com)

### City of Columbus Employees

To get started, simply bring THIS flyer on your 1<sup>st</sup> arrival, evidence of your employment and a photo ID to either GO: Fitness Location and we will get you GO:ing toward your best health & fitness ever!

Prices subject to change without notice. Prices Vary Per Location. Some Restrictions Apply. Good for New Members Only.



# YMCA Discount!

We are thrilled to announce a new partnership between the YMCA and the City of Columbus!

City of Columbus employees now will receive a special employee rate for both individual and household memberships!

Simply visit the link in the PDF and complete your registration!

Register ASAP as the YMCA is also waiving their join fee just for us!

Click the PDF -> to see all of the YMCA locations included in this new partnership!

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**the Y<sup>®</sup>**

## MORE THAN A MEMBERSHIP

### Special Employee Rates for City of Columbus YMCA OF CENTRAL OHIO

When you join the Y, you join a movement to strengthen your community, while strengthening yourself. The Y exists as a non-profit, here to serve the needs of the entire community through Youth Development, Healthy Living and Social Responsibility. We're helping kids, adults and families in Central Ohio neighborhoods become the best version of themselves through numerous programs and services such as Child Care, Diabetes Prevention and Supportive Housing.

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Join online using your employee email address

<https://ymcacolumbus.org/join/cityofcolumbus>

HELP & MORE INFO email [pem.support@ymcacolumbus.org](mailto:pem.support@ymcacolumbus.org)

MEMBERSHIP OPTIONS	INDIVIDUAL	HOUSEHOLD
	One individual age 18 and older	Individuals sharing same residence
MONTHLY RATE	<b>\$36</b> + tax	<b>\$64</b> + tax
JOIN FEE	\$0	\$0

## MEMBER BENEFITS

### ACCESS MULTIPLE Ys

- » 13 Central Ohio Ys
- » 165+ Ohio Ys
- » Ys across country & world

### FIVE FREE GUEST PASSES

**FREE CHILD WATCH  
AND KIDS TIME<sup>1</sup>**

### FREE GROUP CLASSES

BODYPUMP<sup>™</sup>, Zumba<sup>®</sup>, Yoga,  
Cycling and more!<sup>2</sup>

### PERSONAL TRAINING

### CAMP DISCOUNTS

- ⌘ Day Camps at 20+ locations
- ⌘ Overnight Camp at  
YMCA Camp Willson

1. **FREE CHILD WATCH AND KIDS TIME** Up to 2.5 hours per day included with Family memberships. A \$3 youth guest pass may be purchased for children who are non-members. Some restrictions and guest policies apply. See Welcome Center for more information. 2. **CLASSES** Water and some specialized classes require a fee.





# Create Healthy Habits, Not Restrictions.

Don't hesitate to contact us if  
you have any questions!

## The Healthy Columbus Team

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